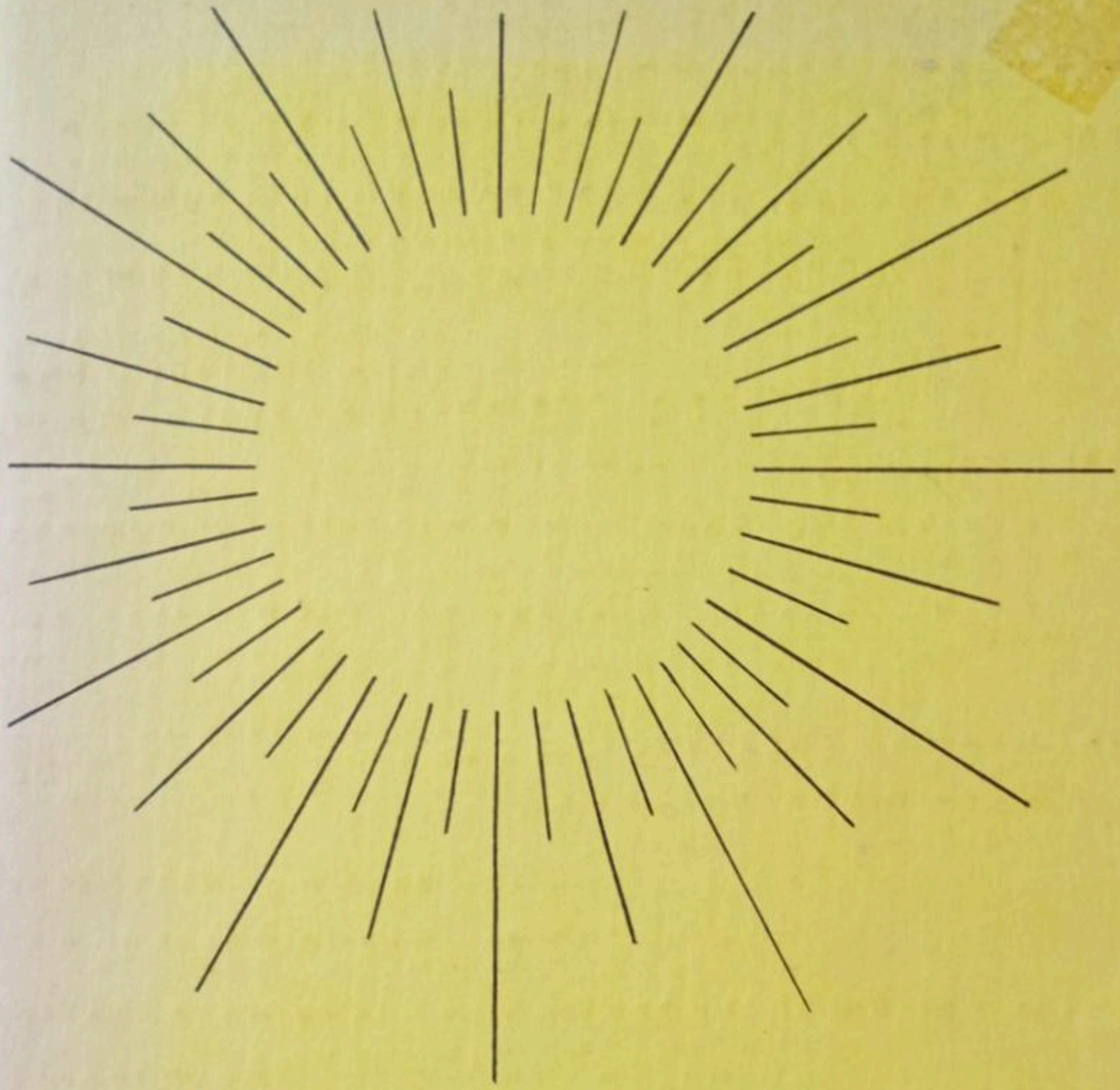

PRANA
THE VITAL ENERGY

by Elaine Peick

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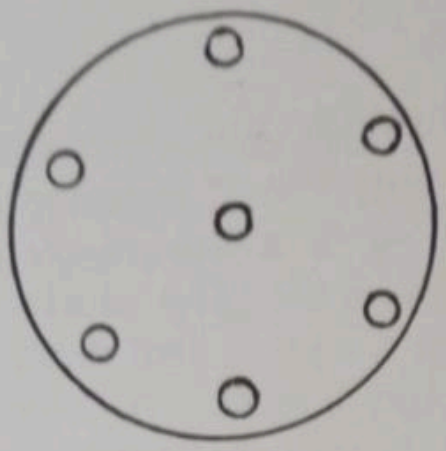
Dedicated to my husband,
Charles

PRANA

Prana is a Sanskrit word which comes from the roots "pra," meaning forth, and "an," meaning to breathe, live or move. Thus it is a life-energy or life-force which gives and sustains life. The source of this energy is the sun, so there is a great deal more of it available on a bright, sunny day. All living organisms absorb this life-energy and it is a necessary part of their existence. Because it is coming from the sun, the lack of Prana on a dull, cloudy day may leave us feeling somewhat depleted or lacking in energy, although some is coming through at all times. At night, of course, there would be very little coming in and very ill or aged persons often pass on then when the vitality is at its lowest ebb.

On a bright sunny day the vitality globules are present in a great number and are available for us to pull into our bodies by a conscious effort. This technique will be given at the end of this little booklet. It is this Prana that the great adepts live on much of the time, and the taking in of it consciously is one of the first steps in beginning to live with very little food. One who practices this technique daily and has learned how to take in great quantities of the Prana would have a much greater chance of survival if stranded in the mountains, desert or at sea. It is truly the food of the etheric body which in turn passes it on to the physical body. This is the force which preserves the health of the etheric body and, in turn, the physical body.



The vitality globule as shown by C.W. Leadbeater in his book, *The Chakras, pg. 25.*

Many cultures have known of this force and there are different terms that apply to it in other languages. The American Indian called it "Orinda," which meant an eagle flying. The Hawaiian Kahunas called it "Mana." The Japanese term was "Kee-Ai," and acupuncturists call it "chi." Baron Karl von Reichenback reported discovery of "the odic force," and the Greeks wrote of the "ether." The Spanish referred to it as "Vita," and "Vril" was an ancient term in India, as was "Prana." The knowledge of this force has been with us a long time.

Since Prana comes into the etheric body first, it is well to know something about this body. The etheric body is a part of the physical body and the physical body is an exact replica of the etheric body. Therefore, if we have a disease, it has first occurred in the etheric body before it manifests in the physical body. Here we have a clue to healing work for the New Age. Those with etheric vision will see diseases forming in the etheric body and treat them before they occur in the physical. This technique will transform healing work and be a welcome and much needed benefit to all of us in maintaining a healthy physical vehicle.

A great deal of material has been given out on this subject of Prana by the Master Djwhal Khul, the Tibetan Master, through his amanuensis, Alice A. Bailey. He tells us that this concept of the etheric body also applies on a larger scale and there is an etheric body of our solar system, our planet, and our own physical body. In *A Treatise on Cosmic Fire, pg. 82,* a description of the etheric body is given by him when he says, "The etheric body is a web or network of fine interlacing channels, formed of matter of the four ethers, and built into a specific form. It forms a focal point for certain radiatory emanations, which vivify, stimulate and produce the rotary action of matter. Pranic emanations when focalised and received, react upon the dense matter which is built upon the etheric scaffolding and framework."

Our solar system, our planet, and our own physical bodies all have an organ to receive this prana. This organ is present in the etheric body as well as in the physical manifestation of all three. The great central sun is the organ of the system and distributes solar prana. Again quoting the Master D. K. in *Cosmic Fire, pg. 83,* "In the planet there will be found a similar organ or receiver within its etheric body, the locality of which is not for exoteric publication and cannot therefore be revealed. It is connected with the location of the two poles, north and south, and is the center around which the globe rotates, and is the source of the legend of a sacred fertile land within the sphere of polar influences. The mythic land of exceeding fertility, of abundant luxuriance, and of phenomenal growth, vegetable, animal and human would naturally lie where prana is received. It is the

esoteric Garden of Eden, the land of physical perfection. Surface radiation demonstrates, after distribution, as planetary prana."

Our organ of reception is our spleen in both the etheric body and the physical. After the prana has gone from the etheric spleen to the physical spleen, and has been distributed to all parts of the body, it radiates outward and is seen in the health aura. If the person is in poor health this radiation will show forth in bent, drooping lines because the force is not strong enough, but if the person is in good health, the lines radiate out with great force, taking with them germs that are not wanted in the body. This helps to preserve our physical health so we can see good reason for taking in extra prana so that there is an oversupply to radiate outward. The better our health, the more these lines will radiate outward **with force.** In the average person, they radiate out about 3" beyond the body, but in a trained athlete they may radiate out 12" or more because of the healthier condition of the body.

It is interesting to note that plants and vegetables of the second kingdom also absorb this vitality, extracting what they need, and then giving off the pink-gold light which man can then use. This is particularly true of the pine and eucalyptus trees and the redwoods, (the Masters of the vegetable kingdom.) Vegetables and fruits grow up toward the sun and their chlorophyll absorbs the pranic energy.

We see this happening in the third kingdom, the animal, as well. It is said that the cat has gained his reputation of nine lives from the fact that he has a great deal of prana in his system. Ancient priests of

Egypt surrounded themselves with cats for this reason. In ancient Siam, cats were used to guard the temples. Cats have some blue in their fields which shows some mental development, no doubt coming from their training in temples of old.

Should a person's body be in poor health or very aged, it may not be able to draw in as much of the prana. For this reason sometimes the physical elemental of a person will try to draw this already prepared prana from the body of a healthy person. You may have noticed this when visiting a hospital or someone who is very aged. This is not usually done consciously by the person but even this can happen. For this reason, it is well to recharge with prana after leaving a very ill or older person. Some healers employ this method of sending their own vital force into an ill person, but again, they must be careful to recharge themselves afterwards. It is the physical elemental's job to keep the physical body in the best shape possible. It is the consciousness of the body itself and keeps the body functions going. If the physical elemental can no longer manufacture its own prana, it will draw it in from whatever source it can. Many doctors age very early because they do not know how to protect themselves from this drainage by their patients.

There are certain great Devas (another parallel life wave known as Angels in Christian literature) who transmit solar and planetary prana to man. These great Solar Devas are more frequent in desert areas and high mountains than anywhere else. They often hover 5,000 to 10,000 ft. above the earth, are of a

The natural energy form of a great Deva. Devas often jump into the thought-form of a person and take on a more human shape.

golden hue and very highly evolved. They bring in the solar prana from the sun and transmit it to man's etheric body. These great Devas are exceedingly powerful and exist in great numbers, particularly in tropical areas. We can be aware of their great power when we stay out in the sun for too long a period and suffer with sunburn or sunstroke afterwards. It is our lack of understanding of the laws of magnetic resistance and solar repulsion which makes us vulnerable to them. The solar prana is passed through their bodies and into ours through plexi in the shoulder center of the etheric body and from there into the etheric spleen and then into the physical spleen. Since they are working closely with man, there is a strong relationship between them and us, but because of their great power, man must protect himself from them at the present time.

There is an interesting correspondence in the way that the great Solar Devas absorb the radiatory rays of the sun through their own bodies and then pass them on to us. Man is doing the same thing when he absorbs as much of this energy from them as he can and then again, in turn, radiates out what he does not use. Each adds something of himself to what is given off and this adds to the planetary aura. The purpose of this is to keep the etheric body in good shape and **to keep the form organized.** We are told by the Master D.K. that this is the whole purpose of the etheric body's functioning.

Our planet itself is also radiating prana which it has first used within its body. Esoteric science teaches us that our planet is a living entity operating on a

higher scale. Many of its laws also apply to us. It assimilates what it needs of the solar prana as it passes through the etheric body of the planet and thence into the physical body of it. When it radiates out what has not been used, it has added to that radiation some of the distinctive characteristics of the planet, just as our own radiations have added some of our particular qualities.

Certain devas, known as the "devas of the shadows" because of their deep violet hue, transmit the planetary prana. They are the lowest devas in the violet spectrum. They are closely connected to man because the substance of their bodies is very similar to the substance of man's etheric body. The matter of one or other of the four ethers makes up their bodies and they transmit earth magnetism to man. An interesting point that the Master D.K. tells us is that there is a fluidic emanation of the planetary prana which is absorbed through the pores of the skin rather than through the etheric body. These have been called the Tattvic forces because they represent the forces of matter itself.

It is only a question of time until man begins to see on the etheric plane and then he will be able to see the etheric bodies of the living forms as well as the devas who bring in the prana. One thing that is bringing this about is the incoming of the 7th Ray — the Ray of Ceremonial Order and Magic — as it controls the etheric and the devas of the ethers. Many of the new 6th sub-race children being born will have etheric vision and be able to see on this plane, and it will be visible to many by the end of this century.

Even medical physicians will begin to recognize the etheric body and the effect it has on physical health. The Master D.K. tells us that the etheric emanations of people can be great contaminators, so it is in the purification of the etheric body that we will have a saner and healthier humanity. Man will begin to develop etheric vision (which is a development of the physical eye – the most evolved organ in the body) as he takes in more of the prana and straightens out his life with purer food and better living conditions. The rods of the eye develop etheric vision and man must begin to use his peripheral vision to see the devas.

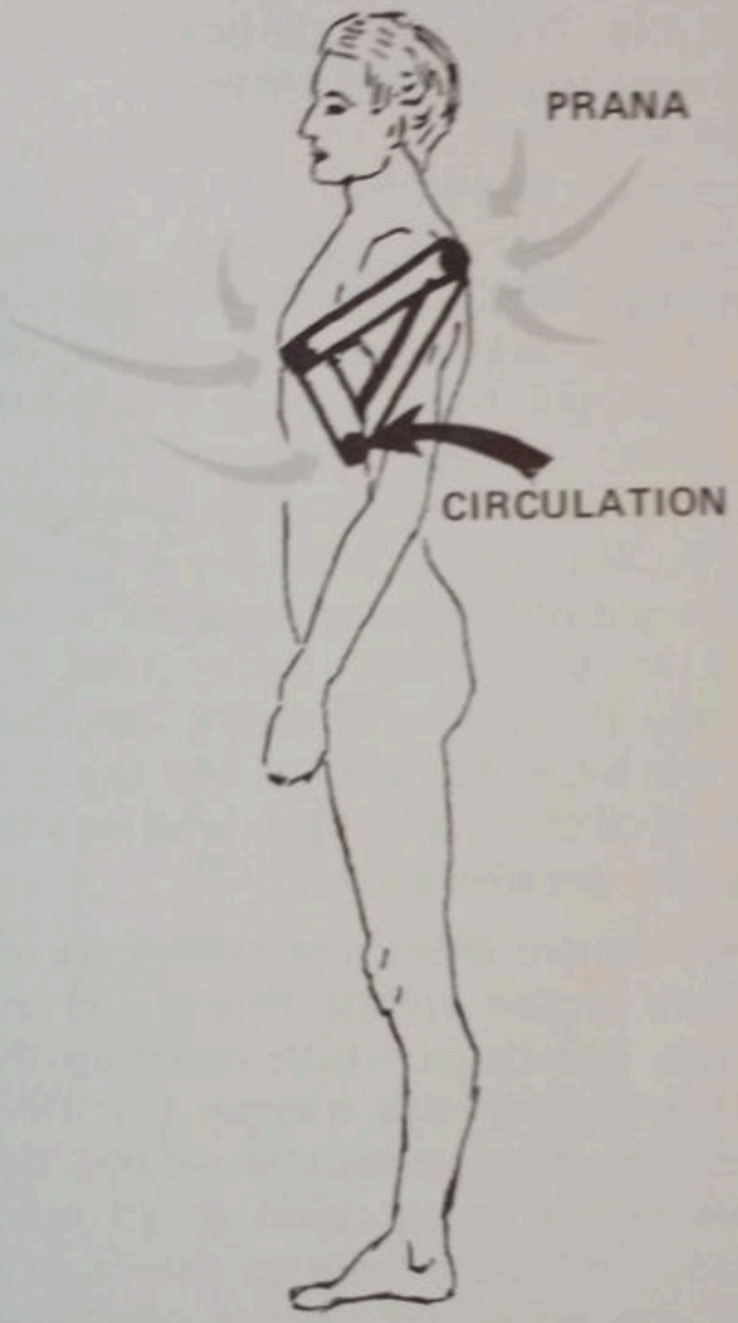
In *A Treatise on Cosmic Fire, pg. 651*, the Master D.K. says, "The development of the physical eye is a thing which is proceeding under the law, and inevitably the whole race of men will at length attain that dual focus which will enable man to see both the dense and the etheric forms. At this stage his inability to do so is largely due to a lack of pranic vitality. This is mainly the result of wrong conditions of living, and the misuse of food. The present general trend towards juster and purer conditions of life, the return of man to simpler and saner ways, the widespread feeling for bathing, fresh air, and sunlight, and the greater desire for vegetable, and nut foods, will result inevitably in a more ready assimilation of the pranic fluids. This will produce certain changes, and improvements, in the physical organs, and in the vitality of the etheric body."

Now we come to the technique of taking in extra prana – a technique which helps us to avoid the mass consciousness diseases such as colds, flu, etc., and

gives us added vitality and energy. In working with my classes in Metaphysics at Palomar College in San Marcos, Calif., I have yet to find a student who could not see the Prana in the air. This exercise is one of visualization and feeling and is best done in the sunshine. Noon would be the ideal time as the sun is stronger then and there would be more Prana in the air.

If one stands facing the sky with the sun at his back, looks forward without focussing on anything, and becomes aware through the periphery of the eye, he will see little scintillating globules of almost colorless light moving in the air. The Prana from the sun has entered some of the atoms in the atmosphere and has caused them to glow and dart about with great rapidity. They are very brilliant and there is a great number of them on a sunny day. They are much harder to see on a cloudy day and, of course, there would be fewer of them in the air.

The actual technique is given by the Master Djwhal Khul in his book, *A Treatise on Cosmic Fire, pg. 98,* where he says, "The pranic emanations of the sun are absorbed by the etheric body, via certain centers which are found principally in the upper part of the body, from whence they are directed downwards to the center which is called the etheric spleen, as it is the counterpart in etheric matter of that organ. The main center for the reception of prana at present is a center between the shoulder blades. Another has been allowed to become partially dormant in man through the abuses of so-called civilization, and is situated slightly above the solar



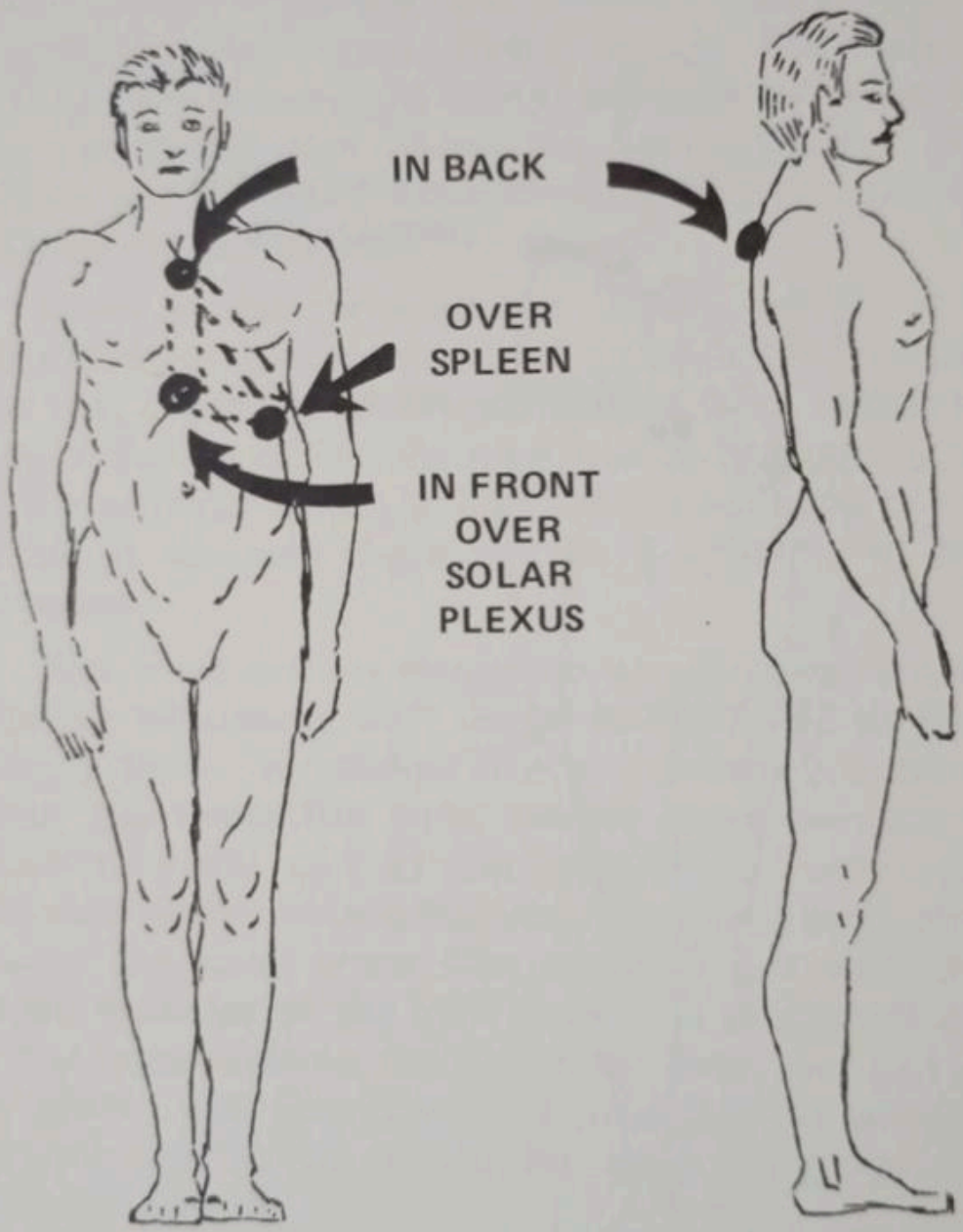
PRANIC TRIANGLE

plexus. In the coming root-race, and increasingly in this, the necessity for the exposure of these two centers to the rays of the sun, will be appreciated, with a corresponding improvement in physical vitality and adaptability. These three centers—

1. Between the shoulder blades,
2. And the spleen
3. Above the diaphragm,

make, if one could but see it, a radiant etheric triangle, which triangle is the originating impulse for the later pranic circulation throughout the entire system. The etheric body is really a network of fine channels, which are the component parts of one interlacing fine cord, — one portion of this cord being the magnetic link which unites the physical and the astral bodies and which is snapped or broken after the withdrawal of the etheric body from the dense physical body at the time of death. The silver cord is loosed, as the Bible expresses it, and this is the basis of the legend of the fateful sister who cuts the thread of life with the dreaded shears."

The seven major chakras or centers are connected by the finely woven etheric thread and so are the three centers just listed which make up the pranic triangle. It is through this triangle that the Prana is assimilated. The Prana circulates around the triangle three times before being taken to all parts of the etheric body and from there to the physical body. Because of this we would want to do this technique more than just the three times to bring in a greater supply. The main organ for assimilating the Prana is the spleen, both the etheric center and the physical


IN BACK
OVER
SPLEEN
IN FRONT
OVER
SOLAR
PLEXUS

IN BACK BETWEEN
SHOULDERS
IN FRONT

spleen. The spleen is a double center, one in back of the other. The Prana enters through the center on the left side and goes out through the back to be distributed. It goes along with the nerves and the blood after it enters the physical body and is distributed both ways. Every cell in the body is bathed with the charged energy after it is taken up by the heart and sent along the blood stream. The etheric network parallels the nerves so that it can be used by the nerves also.

When it has entered the etheric spleen it is subjected to conditioning by that organ. If the man and that organ are in a healthy state there will be an intensification of its vibration before it is passed on to the physical spleen. If his health is not good or the spleen is diseased there will be a lowering of the vibration.

The three centers should be visualized as rapidly rotating whirlpools with the three-channeled threads linking them. somewhat like a circulatory system. After the Prana has gone around three times it is taken to every part of the body by the interlaced channels finally leaving the body as emanative human prana, the same prana that came in but with the added qualities of the individual. It is thus given off to the lesser lives on the planet for their use. Just as the great Devas step down and condition the energies for our use, so do we do the same thing for the animal kingdom.

On pg. 106 of *Cosmic Fire*, the Master D.K. tells us, "The three fundamental centers whereby reception is brought about must be allowed to

function with greater freedom, and with less restriction. Now, owing to centuries of wrong living, and to basic mistakes (originating in Lemurian days) man's three pranic centers are not in good working order. The center between the shoulder blades is in the best receptive condition, though owing to the poor condition of the spinal column (which in so many is out of accurate alignment), its position in the back is apt to be misplaced. The splenic center near the diaphragm is sub-normal in size and its vibration is not correct. In the case of the aboriginal dwellers in such localities as the South Seas, better etheric conditions will be found; the life they lead is more normal (from the animal standpoint) than in any other portion of the world."

The Kundalini force which resides at the base of the spine cannot rise until the Pranic triangle is in good condition. There are many warnings about trying to raise this force prematurely through Yogic postures and the dangers involved when the disciple is not ready. When it is raised consciously by a 3rd degree initiate through an act of the will, the energies join those of the pranic triangle at the shoulder center and Spirit, Soul, and body are all involved. As one links with his Soul daily in meditation and begins to become Soul-conscious throughout the day and night, the Soul begins to infuse the three lower bodies (physical, emotional and mental), and gradually gains more control of its instrument – the personality. This is the way control by the Soul is finally gained. The centers then begin to function in the central channel where they should be. This is the present goal for humanity.

Because of the unhealthy lives lived by many people, they are often not able to tap the pranic emanations. When this happens the centers begin to shrink and atrophy. The Master D.K. tells us that this is often seen in children of congested quarters in large cities. When people begin to live under better conditions, to eat more correctly, and to breathe better air so that the pranic rays can come in more easily, the subnormal state of the average spleen will begin to be corrected.

There is another condition that also occurs and that is when too much Prana is tapped. This condition is not as common as the previous one, but can come about when there has been too long a contact with solar emanations. Then the centers become too developed and vibrate too rapidly. This condition is found in some tropical countries and brings about a debility. In this case the etheric body receives the Prana too rapidly and passes it out of the system with too great a force. When this happens the pranic triangle sends the energy around too rapidly and there is not time for absorbtion, resulting in devitalization. This sometimes happens to Europeans living in tropical countries.

In the developed fully functioning etheric body, the 21 minor centers are also involved. They appear to be globes of light with a depression in the center produced by the lines of force or solar light as they cross. Wherever there are 7, 14 or 21 crossings of the etheric web, (these parallel the nerves of the body), a minor center exists as a center of light. The minor centers operate the body. Some of these centers correlate with the acupuncture or pressure points.

In summing up, remember to do the pranic triangle out in the sunlight. It can be done as one is outside walking, working in the garden, etc. Mentally pull the scintillating globules of light in through the center between the shoulder blades, (this center is closer to the heart center than the throat center), then through the spleenic center and then through the center above the diaphragm which is just above the solar plexus. Go around more than three times as it takes three times around before it is transmitted to all parts of the etheric body and thence to the physical. It can then be channeled into some specific part of the body that needs extra help. This is, of course, an exercise of mental visualization although I have found that one can begin to actually **feel** the energy entering the body.

I have practiced this technique for many years and have found it a valuable tool in keeping the body strong and healthy. Try it for yourself and notice the results as time goes on.

Loving thanks and appreciation given to Josephine and Norman Stevens for their help with this booklet.

Further information on this subject may be found in the works of Alice A. Bailey, the amanuensis for the Tibetan Master, Djwhal Khul, particularly in *A Treatise on Cosmic Fire.*